Influenza: What to Do and When to Seek Medical Care
For Informational Purposes Only and Should Not Be Used in Place of Medical/Advice Care

Measured Temperature
100°F or 38°C or higher in the past 12 hours or night sweats/shaking chills

Age > 50
Yes → Seek Medical
No

Fever > 3 Days
Yes → Seek Medical
No

Do you have?
Sudden onset of: cough, achy muscles, headache, sore throat, nasal congestion (runny/stuffy nose)?
No → Unlikely to be Flu (influenza).
Yes → Likely Flu (Influenza).

Unlikely to be Flu (influenza).
May be "ordinary cold" so treat the symptoms.
Any rash, neck pain or stiffness, painful urination, trouble breathing, severe or persistent vomiting - Seek Medical Care

Likely Flu (Influenza).
Do you have any of the following?
Shortness of breath at rest or with light activity, difficulty breathing, wheezing, inability to tolerate fluids, confusion, chronic heart disease, chronic lung disease, moderate to severe asthma, HIV/AIDS, diabetes, history of cancer or other on-going chronic medical condition,

Yes → Seek Medical Care Immediately
No

Most Likely Uncomplicated Mild Influenza (flu).
No need for medical evaluation at this point.

If significant concerns exist on the part of the patient, parent, or other person, consider scheduling a visit with a health care professional. Otherwise, advise hydration, rest, acetaminophen or ibuprofen for fever and aches, and follow-up as needed. Advise patient, that if they do not have a thermometer, they should obtain one to document presence or absence of fever. Temp-dot thermometers are available at the Health Center

See Flu Tips (link): AVOID CONTACT WITH OTHERS; Stay in room/home except for medical care or to use bathroom; meals in room; symptomatic treatment with over the counter cold medications; use mask when in public areas (bathroom) May return to classes and activities once temperature has remained below 100°F for 24 hours without using fever reducing medication.